A Sympathetic Vibration™

Music in the Healing Arts

by Joshua Leeds

Whole Brain Synchronization: Spelunking the Caverns of the Mind

Part 1 of a 3 part series

There is no doubt that it's the 90s. This I know because when I used to wake up in the 60s, I'd have a smoke and make love (or was it the other way around?). In the 70s, after rolling out of bed, it was yoga and meditation. By the time the 80s came along, there was a seaside jog and a fruit smoothie. And in the 90s...I reach for my Walkman™, slap in a brain synchronization tape, lie back, and one half hour later emerge buzzed, synched, soothed, zapped, and zinged. Watch out! My brain and the body below are ready to move mountains, solve problems, and consume life joyously. All this for just $15? And it's even legal? This needs to be checked out.

The Whole Brain

It is common knowledge that we consciously access under five percent of our brain. Not only is it underused, but it's the least understood of all our organs. Certainly, you'd think we would know more about this predominant occupant of central headquarters, our wondrous bio-computer. But I, for one, don't spend time figuring it out; I'm still trying to understand where electricity comes from (besides the outlet in the wall!).

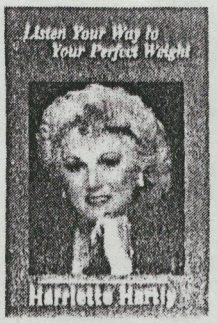
Fortunately for all of us, there are people who do think about this most gray of matters. And there are a few who work at how we can use the brain in additional ways that will help us function better, easier, and much smarter. The work of these hi-tech wizards falls into the category of whole brain synchronization. Hemi-Sync™, Holodynamics™, Differential Signaling™, Primordial Subconscious Processing™, and Digital Holophonics™ are just a few of the descriptive, yet cryptic titles that describe their work. The trade-mark symbols next to these terms also reveal the profit potential in these investigations. I imagine the rewards for the discovery of full-brain access would be a tied second place alongside the cure for AIDS, eclipsed only by the person finding the secret of eternal youth.

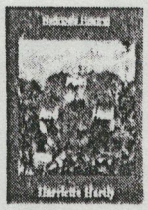
In its most simple terms, the whole brain concept is based upon

Joshua Leeds is a composer and President of InnerSong, a record company dedicated to the use of music in the healing arts. His most recent release is Safe Passage: Affirming Songs of Hope and Healing, *co-written with Louise L. Hay. Review submissions of music or written material, questions, info, and comments may be sent to: A Sympathetic Vibration, 250 W. 57th Street, #1527-120, New York, NY 10107.* *© 1992 Joshua Leeds*

Health & Healing

from Harriette Hartly Productions





<------ $10.95

NEW INNOVATIVE TESTED TECHNOLOGY AT ITS BEST!

"An excellent resource to use to lose weight." -- P.J. Birosik

Erase Your Pain & Heal

<------ Bookpack - $20.95

Distributors: New Leaf - Moving Books - DeVorss - Ingram
H & H Productions: 1-800-9-HARTLY

hemi-sync™ (hĕm´ĭ-singk) *n.* 1. Audio technology patented by The Monroe Institute. 2. Binaural beat signals proven to evoke specific states of consciousness. 3. Blended and sequenced sound patterns, created and tested in The Monroe Institute research lab. *v.* To synchronize brain hemispheres by listening to Monroe tapes.

The Monroe Institute
Interstate Industries Inc.
800-541-2488

the sonic synchronization of right and left hemispheres of the brain. This bi-lateral hemispheric synchronization is a natural state of the brain that occurs occasionally, and momentarily throughout our day. At these times, our brain-power is at its height. This idyllic state of mind, however, is illusive to most of us—for it is not accessible upon command.

However, whole brain synchronization, through the application of specific audio frequencies, is changing all that. It is giving us, at will, access to this prime state of awareness. What we choose to do with this fertile ground is then up to us. We can determine that by the choice of the audio tapes that we use. We can even learn to navigate ourselves, with the use of these tapes, through our different brain states for greater whole-being, wellness, and productivity.

As you can see, the ability of self-directed whole brain synchronization casts a new light on our effectiveness in either playing hard or playing smart. In the 90s, I must play smart; I'm not as tough as I used to be. I'm

> The Monroe Institute, through magnificent vision, experimentation, and documentation, has created brain exploration tools . . .

now familiar enough with my personal attributes to know where I can use improvement. After three months of experimentation with this sonic technology, I am thrilled at the doors this technology is opening. With my personal program of listening to a different tape each day, I find I am more alert and feeling better; my imagination and sense of logic seem stronger.

Most tapes have detailed instructions attached. And appropriately so—their usage should be taken seriously. Some tapes suggest long-term listening for full effect. I have not yet been able to participate in the benefits of prolonged use of these tapes. But if the results of my short-term usage are indicative, then I believe we have a personal technology quite worthy of the challenges of the 21st century. And the technology is available and is producing consumer product. The Monroe Institute, Brain/Mind Research, Synchronicity Foundation, Applied Brain Research (ABR), and Valley of the Sun are among the major commercial players in whole brain synchronization. What they share in common is the

We Hear You're Looking For Us!

Sorry, but we've been pretty busy developing more and better uses for Hemi-Sync. You finally grabbed our attention with, "I need those tapes customers keep asking for."

What they're so eager to buy is binaural beat technology on audiocassette that synchronizes brain hemispheres, creates a whole-brain state, and gears up mental, emotional, and physical capacities. Yes, there are copycats. But they can't figure out how we make our products so effective!

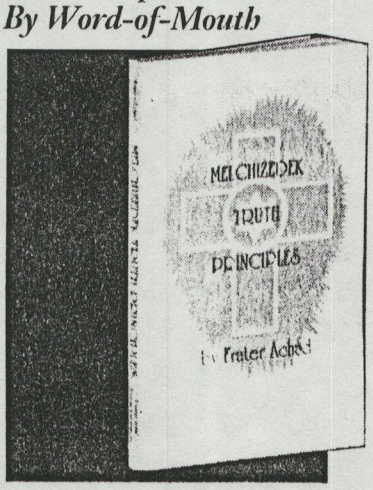
Customers value our tapes for sleeping, meditating, losing weight, achieving higher states of consciousness, controlling emotions, relaxing, changing habits, accessing intuition, improving health, influencing your sex drive, and lots more, but we're running out of space!

Discover why your customers want **Hemi-Sync™**. *Call for your FREE copy of the Consumers' Guide*, and details on our attractive dealer prices.

THE MONROE INSTITUTE
Interstate Industries, Inc.
800-541-2488

GREAT SEAL PRESS PUBLISHER

50,000 Copies Sold By Word-of-Mouth



Reviewed in the *"Journal of Religion and Psychical Research"*, April 1991.
— by Mark Roser
former president of International Assoc. for Pupil Personnel

ISBN: 0-87516-166-9
210pp. ◆ Price $9.50

Available through DeVorss, NewLeaf, Weiser
Great Seal Press Publisher
4148 N. 33rd St. • Phoenix, AZ 85018

I CHING

3 Chinese coins with satin pouch
$2.75 ea/ dozen

"RAINBOW" CHINESE EXERCISE BALLS (STEEL)
$7.50 pr

CALL: 1-800-827-3223

natural phenomenon of influencing electrical activity in the brain with beat frequencies.

What they do with these sonic techniques are as varied as the individual histories and goals of the founders of each organization. Robert Monroe was a communications mogul, Dr. Jeffrey Thompson of Brain/Mind Research is a Chiropractor and composer, Synchronicity's Brother Charles is a Vedic Monk, Tom Kenyon of ABR a psychotherapist, and Dick Sutphin of Valley of the Sun was an award-winning advertising executive.

The Monroe Institute

The Monroe Institute is the grand-daddy of them all, deserving the respect given not only to elders but to pioneers and brave explorers. The organization is made up of two divisions. The educational wing conducts classes, seminars, and disseminates audio tapes and other materials. The research division has been investigating the influence of sound patterns on the mind since the mid-fifties.

"The fundamental premise of The Monroe Institute is that focused consciousness contains the solutions to all questions of human existence. From its investigations into consciousness, The Monroe Institute seeks practical applications..." reads the preface of the Institute's brochure. Understanding that Monroe's vision is to help discover the solutions to all questions, one begins to grasp the seriousness of the Institute's mission.

Founder Robert Monroe was a successful radio/TV producer and multiple station owner when he began to have spontaneous, often frightening out-of-body experiences. Once Monroe accepted astral travel as an extraordinary reality, rather than being symptomatic of a psychotic break, he began to see the potential quantum consciousness leap these journeys contained.

Surrounded by sub-audio radio and television frequencies for many years prior to his out-of-body experiences, Monroe linked these two phenomena. In a desperate attempt to understand what was happening to himself, he initiated research focused upon the effects produced by sound frequencies.

What began as the research and development division in his private radio-production business has grown into the world-renowned Monroe Institute. Over the last three decades, Monroe has subjected his investigations to vigorous scientific and anecdotal experimentation. He is the visionary who has discovered the basic technologies used by all the other organizations. Along the way, Mon-

"The songs are melodic, almost holy..."

NAPRA Trade Journal

Safe Passage

AFFIRMING SONGS OF HOPE AND HEALING

Joshua Leeds
Louise L. Hay

Louise Hay's affirming lyrics and **Joshua Leeds'** gentle music create a memorable sweetness. These songs of ***Safe Passage*** have proven time and again to soothe, heal and inspire."

These Celestial Times

"***Safe Passage*** was created to enhance deep inner work and change; these song-mantras are composed to nurture loving thoughts and they do just that."

New Age Retailer

"These spirit-filled modern-day mantras will indeed bring you 'sweet peace of mind'."

Leading Edge Review

"This music is for meditation, but I find it good to have on as part of any activity. 12 Steppers will particularly enjoy this one."

Heartsong Review

InnerSong
Music of
Hope • Healing • Celebration

250 West 57th Street, #1527-120
New York, NY 10107
(212) 642-5116

Safe Passage; Affirming Songs of Hope and Healing
High quality chrome cassettes. Suggested retail – $9.98

Distributed by: Bookpeople, DeVorss, Ingram, Inland, LadySlipper, Moving Books, New Leaf

roe has made discoveries that will become part of the treasure chest of higher human understanding.

The Process of Hemi-Sync™

The basis of The Monroe's Institute's work is a process known as Hemi-Sync™. According to The Monroe Institute, "When the brain receives a different frequency from each ear—through the use of stereo headphones—it generally responds by 'hearing' a third frequency—the difference between the two incoming frequencies. This process brings both hemispheres into unison (hemispheric synchronization, or Hemi-Sync™), amplifying brain responsiveness and making maximum brain power available. When this third frequency is one related to a certain state of consciousness, the synchronized brain tends to produce the same state."

This ground-breaking Frequency Following Response (FFR) method basically leads the brain through specific combinations and sequences of sound into targeted arenas of consciousness. An original patent in the field of altering brain states through sound was issued to Monroe in 1975. The FFR can be changed at will by changing the sound patterns. The Institute has demonstrated that methods to access different states can be learned and then re-created from memory.

For the last twenty-five years, the Institute has been identifying and evaluating the effects of different sound patterns, blending them into complex combinations which have proven effects upon mental states. On tape, these Hemi-Sync™ sound patterns, inaudible to the human ear, become powerful, yet non-invasive tools for the exploration, development, and maximization of our consciousness and minds.

Essentially, The Monroe Institute, through magnificent vision, experimentation, and documentation, has created brain exploration tools by which we can delve deeply, using our own time-tables and determining our own destination. The unique power of Hemi-Sync™ is that it's a self-controlled tool that enables us to accomplish these goals. This is achieved by sustaining a specific focused, highly productive, coherent mind-brain state. Whether it be in sleep/dreams, learning and memory, physical or mental health, meditation, physical coordination, creative problem solving, or stress management, Hemi-Sync's™ applications are vast.

To think that I can create improvement or change in these areas by simply listening to audio tapes, seems difficult to believe. And yet, The Monroe Institute maintains that

"The simplest and most powerful brain boosters I have found."

"The tapes by ABR have produced about every effect I have ever obtained with meditation, yoga and brain machines."
- Robert Anton Wilson, Futurist/Author

ABR is a recognized world leader in Psychoacoustic research and development. Psychoacoustics is the study of how sound, language and music affect human consciousness and behavior.

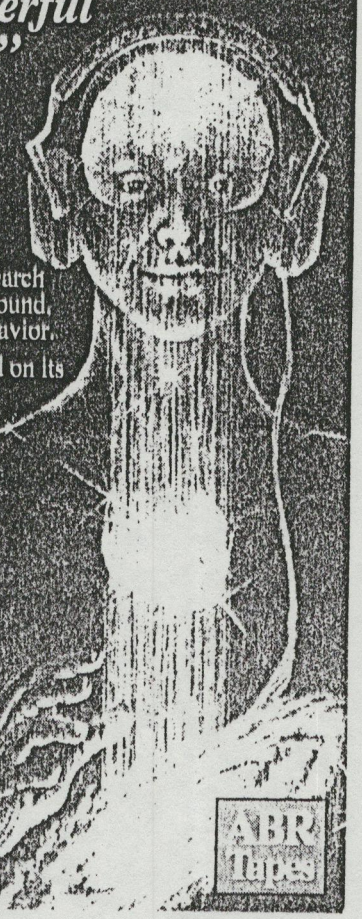
ABR produces a wide range of audio cassette tapes based on its scientific research and discoveries. Now in the privacy of your own home or office you can use this powerful technology to enhance your own life.

These tapes cover a wide range of areas such as Accelerated Learning, Psycho-Immunology (self-healing), Addiction Recovery, Stress Management, Increasing Intelligence, Creativity, and Altered States of Consciousness.

ABR TAPES: "Because you are more than you ever dreamed!"

For a free Brochure or Dealer Information, call or write:

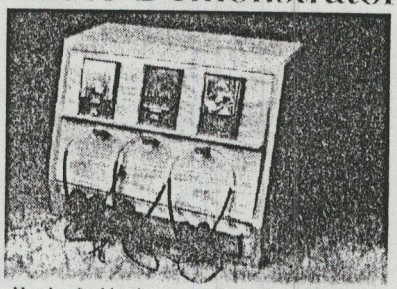
QuantumLink™
1-800-531-9283
8665 E. Miami River Rd., Cincinnati, OH 45247



Sterling Chains Wholesale

Call Light Stones
1-800-82 PEACE

INCREASE YOUR SALES
of tapes and CD's with the
"Audio Demonstrator"



Handcrafted in cherry wood 17"W x 13"H x 9"D
For more info call 617-320-9542 or write:
Evergreen Music PO Box 862 Islington MA 02090

once I've learned to create and use specific brain states appropriate to my purpose, using the tapes is no longer necessary. Sounds too good to be true! Estimates are that well over 200,000 people have taken advantage of Monroe's offerings on tape alone.

Three categories of tape offerings are available: Metamusic, Mind Food and Human Plus. Monroe's brochures describe the hundreds of tapes available in a concise and intriguing manner. The four review copies that I enjoyed were of the quality one would expect from an ex-radio producer: top notch production, attractive packaging, and most important, they are effective. My lady friend's migraine was gone within ten minutes of listening to *Pain Control. The Way of Hemi-Sync*, their introductory tape, has repeatedly geared me into action-mode.

Seminars

A major aspect of the Institute's work are week-long seminars called the *Gateway Voyage*. Six days of serious headphone travel, discussions, and inner exploration. A new six day program, *Hemi-Sync 2000*, has the goal of teaching complete control over all mental, physical, and emotional functions. At its best, this would result in instant pain control, five to ten minutes of sleep per night, and accessing cellular consciousness. For now, I think I'll settle for a ride to theta state and a cold beer. Thank God for the Robert Monroes amongst us.

For more information on **The Monroe Institute** or Hemi-Sync™ tapes, write **Rt. 1, Box 175, Faber, VA 22938**, or telephone **800/541-2488**.

Grace Notes

In the next column I will continue looking into the expanding world of whole brain synchronization, featuring a provocative interview with Tom Kenyon, founding director of Acoustic Brain Research (ABR). ■

What will ignite your sales?

Pocket Stones.™

Pocket Stones™ are affirmations on a tumbled stone. The message goes deep. Sales are great!

Theodora Scott & Associates
2269 Chestnut, Suite 136, San Francisco, CA 94123

1-800-788-3312

LAZARIS

- » Full - Color Lazaris Video Tapes (2 hours)
- » **Lazaris Seminars on Tape**. 3-hour workshops complete with their meditations.
- » **Connecting with Lazaris** Tapes
- » **The Accelerated Journey Series**
- » **The Sacred Journey: You and Your Higher Self** ... the landmark best seller of The New Spirituality
- » **The Lazaris Interviews**: an extraordinary collection of Lazaris' answers to all kinds of questions
- » **The Lazaris - Gilbert Williams Calendar** ... with a quote from Lazaris geared to the energies of each month of the year, and Gilbert Williams exquisite full-color paintings
- » Lazaris music tapes

WHOLESALE ACCOUNTS

BOOKS - AUDIOS - VIDEOS - MUSIC

NO MINIMUM ORDER. Full 40% discount, 72-hour order turnaround. Available exclusively through Concept: Synergy.

To set up a wholesale account to carry THE LAZARIS MATERIAL, call us at:

1-800/227-9398